BEST AVAILABLE COPY

RECEIVED

2005 1:0V -7 P 1:44

Dear Mailing List member

J Sainsbury plc Annual Report and Accounts and Interim Results

SQ-009/3
J Sainsbur Stuppl
London
ECIN 2HT

Telephone 020 7695 6000 www.j-sainsbury.co.uk

Interim Results

I am writing to let you know that in common with a growing number of large public companies, we have decided that, in future, we will advertise our interim (half-year) results in the national press and not produce a printed interim report. Our interim results announcements will also be available on our website (www.j-sainsburys.co.uk).

We believe this combined approach will give shareholders sufficient access to our interim results, whilst considerably reducing Sainsbury's demand on natural resources. By not publishing an interim report, we will save over 30 tonnes of paper this year.

On Friday, 17 November 2006, we will publish our interim results for the 28 weeks to 7 October 2006 in the Financial Times. This advertisement will also include details of the interim dividend that will be paid on 5 January 2007 to shareholders on the register at the close of business on 24 November 2006. Please look out for our advertisement. Alternatively, you can visit our website on 15 November 2006, after 7am, when the full text of our results will be available.

Annual Report and Accounts

As you may be aware, shareholder documentation can be accessed through our corporate website, (www.j-sainsburys.co.uk). We believe that many people interested in our company will use our website to access corporate information, as a consequence, we are writing to ask whether you wish to remain on our mailing list to receive future reports. If you wish to remain on the Company's mailing list to receive the Report and Accounts would you please complete the details below and return this letter to our Registrars:

Computershare Investor Services PLC P O Box 82 The Pavilions Bridgwater Road Bristol BS99 7NH



or email melissa.birkinshaw@computershare.co.uk

If we have not heard from you by 15 November 2006, we will assume that you wish to be removed from our list for future mailings.

Yours sincerely

Tim Fallowfield Company Secretary PROCESSED

NOV 1 3 2006

THOMSON
EINCLISIAN

I confirm that I wish to remain on the mailing list for the Report and Accounts of J Sainsbury plc.

Name (Capitals)

Address

11/8

Registered office as above Registered number 185647 England